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NAVY MEDICINE IN FOCUS

Dental Staff Teach Children How to Keep their Smiles Forever

BY VJOHNSON – FEBRUARY 28, 2014

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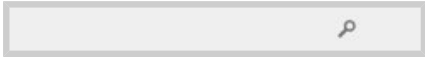


Lt. Zachary E. Drake teaches Cru D. Wilder, Brooklyn E. Tilelli, Kathryn A. Halton, Liberty M. Braman and Steven A. Pereda, kindergarten and 1st grade students from Ms. Hafer's class at Russell Elementary School help show the rest of the student how to floss their teeth. (Photos by Heidi Linscott, Naval Health Clinic Quantico)

Staff members from the Naval Health Clinic Quantico, Dental Department took part in National Children's Dental Health Month by teaching children from Ashurst and Russell Elementary Schools at Marine Corps Base, Quantico VA., and the importance of Dental Health during February.

Lt. Cmdr. Nikole Williams, a dentist with the Washington Navy Yard Branch Health Clinic, organized the event.

"The class is important in stressing the importance of good oral hygiene and how they can take



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care of their teeth to last a lifetime”, said Williams. “We also want to help relieve fear children may have of visiting the dentist.”

Lieutenant Zachary E. Drake, a dentist at the mainside clinic, held the attention of Ms. Hafer’s kindergarten and first grade class on Feb. 12, 2014. During his class the children viewed a video about visiting the dentist, were shown some instruments that dentists used during exams and learned how to brush and floss their teeth.

Drake said he really enjoyed interacting with the children and was amazed by the comments they shared and questions they asked.

They finished the class with a new song taught by Hospital Corpsman Steven Pierre, a Dental Technician at the mainside Dental Clinic and free toothbrushes for all.

The American Dental Association recommends that children visit their dentist regularly, brush their teeth for two minutes twice a day and develop good habits at an early age to help them get a good start on a lifetime of healthy teeth and gums.

For more information on National Children’s Dental Month, visit <http://www.ada.org/5578.aspx>.



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